

SACRED HEART

CATHOLIC HIGH SCHOOL



Fenham Hall Drive · Newcastle upon Tyne · NE4 9YH
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Headteacher: Mrs S Howell

Spring 2024

Dear Parent/Guardian,

When your daughter comes to Sacred Heart in September, she will be taking part in PE lessons both inside and outside. Over the year, she will experience a variety of sports including Netball, Fitness, Gymnastics, Football, Badminton, Athletics, Cricket, Tennis and Rounders. Please be aware that as some PE lessons will be outdoor, she needs to have tracksuit bottoms or leggings and a hoody to wear over her polo shirt. In winter months, we also recommend an unbranded long-sleeve base layer to wear under her PE T-shirt. We suggest **all her kit is labelled with her initials**. All items of PE kit must include the school logo and must be purchased from the School Outfit Company.

PE Kit

- Polo shirt
- Shorts or leggings
- Tracksuit bottoms
- Hoody
- Trainers *
- Skort (optional) **

**To ensure your daughter's feet are appropriately supported when taking part in PE she must wear sports trainers. These should not be plimsolls, leather or canvas 'fashion' trainers such as Converse, Vans, Nike Air Force or similar. Correct footwear offers support to the foot and ankle, helping to reduce the risk of injury and unnecessary stress being placed on the joints. These are to be purchased independently from the rest of the PE kit.*

***any student representing the school at Netball will need to purchase a skort or gym shorts to wear under netball dresses. All students can wear a skort during lessons (Netball, Badminton, Tennis and Rounders).*

For Gymnastics and Dance your daughter must wear her PE shorts or leggings and perform in bare feet. This is for safety and allows technique to be observed easily. For most other activities she will be given the option to wear shorts, leggings or tracksuit bottoms: shorts are advised for indoor activities such as Fitness and Badminton; for outdoor activities such as Netball and Football, tracksuit bottoms are recommended. If your daughter chooses to attend an extra-curricular activity, she must wear her PE kit. Information of clubs can be found on the school website.

If your daughter chooses PE as an option at KS4 there will be times when your daughters' practical work will be video recorded for assessment. If you do not wish this to happen, please inform me in writing.

We hope that your daughter enjoys her PE programme throughout her school career. If she is unable to take part in a lesson for any reason, we ask you to write a signed note in your daughter's planner, which she will receive on her arrival in September. **She will still be required to bring her PE kit and get changed for the lesson.** She will take part in the lesson in a non-practical way.

As a department, we rely on your support and look forward to working with you to develop your daughter's participation in, and awareness of, health and fitness. If you have any problems at all regarding your daughter's participation or progress please do not hesitate to contact us.

Yours faithfully,

Mrs E Adams
Head of Physical Education



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